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May, 2008

## Aspartame Fact Sheet Equal® - NutraSweet®

The “Real Facts” - Are You At Risk?

<http://www.dldewey.com/aspar508.htm>

The safety of aspartame has been an ongoing controversy for over 27 years. Despite claims by the sweetener industry that aspartame is “safe” because it is FDA approved; the information in this fact sheet clears up any disinformation and sets the record straight.

The consumer advocates listed in this fact sheet have been informing and educating consumers about the dangers of aspartame for many years. They are some of the most reliable sources, providing the most updated research confirming aspartame is a carcinogen and should never have been approved by the FDA to be used in the public food supply.

### THE FACTS:

Aspartame is in over 6,000 products including 99% of all chewing gum and children’s medicine.

The American FDA first approved aspartame (NutraSweet® /Equal®) in 1974. Aspartame's initial approval was quickly rescinded, nonetheless, because it was shown in laboratory studies to cause brain lesions and carcinogenic tumors. After 10 years of corporate research studies, final FDA approval was secured in 1981 shortly after President Reagan appointed new FDA Director, Dr. Arthur H. Hayes.

### ASPARTAME TOXIC EFFECTS

Aspartame breaks down into:

Phenylalanine 50% - In 1987, Dr. Louis J. Elsas, Emory University, told a US Senate Committee, ***“In the developing fetus, phenylalanine could be magnified four to six fold... The effect would be expressed as mental retardation or potential certain birth defects.”***

Phenylalanine lowers the brain seizure threshold. According to neurosurgeon, Dr. Russell Blaylock, MD, phenylalanine crosses the blood brain barrier, blocking the production of serotonin, a key neurotransmitter which controls moods and sleep patterns.

### Reported psychological symptoms are:

- Suicidal Depressions • Panic Attacks and Anxiety [PAD] – Manias • Sleep Disorders • Severe Mood Disorders [rages, mood swings] • Brain Chemical Imbalance • Brain Wave Malfunctions [shows up in EEGs] • Personality Disorders • Hallucinations

Aspartic Acid 40% - Dr. John Olney, MD, warned GD Searle representatives that aspartic acid caused lesions, or holes, to form in the brains of his lab animals. In 1986, Dr. Olney appeared on CBS "60 minutes" with his findings, but nothing to date, has come of his research.

The methanol in aspartame breaks down into formaldehyde (embalming fluid) and formic acid, which is the same as the chemical compound of venom in insect stings. At temperatures exceeding 86 degrees Fahrenheit (the average human body temperature is 98.6 F.), methanol is implicated in birth defects and fetal alcohol syndrome in newborn infants. Before aspartame approval, 1 in 1500 infants was born with autism. Today, the number has risen to 1 in 150.

Methanol expert, Dr. Woodrow Monte, PhD, writes in Aspartame: Methanol and the Public Health:

***“For every molecule of aspartame, there is a molecule of methanol released.”*** Classic signs of

methanol poisoning include: lethargy, confusion, leg cramps, back pain, severe headache, abdominal pain, slurred speech, fainting, visual loss/blindness, labored breathing.

Because of its ability to pass into the brain, aspartame exacerbates or can cause the following medical conditions:

Epilepsy, Parkinson's, Alzheimer's, Multiple Sclerosis, Chronic Fatigue Syndrome, Lymphoma Fibromyalgia / Eosinophilia Myalgia, Mental Retardation / Birth Defects, Diabetes / Hypoglycemia, Graves Disease, Heart Disease, Lung Disease, Liver Disease, Kidney Disease, Brain Tumors [astrocytoma/glioblastoma], Pancreatic Disease, Kidney / Adrenal Disease, Arthritis, Blindness, Tinnitus, PMS, Carpal Tunnel, Lyme Disease, Munier's Disease, Other: Rare / Hard to diagnose disorders

In animals tested from 1971 to 1974, the results showed that 13 out of 320 lab animals developed brain tumors. In addition, 73 of 145 female rats developed gross mammary tumors.

Dr. Adrian Gross, FDA toxicologist, in a letter to Congress, Oct. 30, 1986, stated, ***"In any such study of even a few hundred test animals, it takes no more than a dozen or so of them to exhibit a particular lesion... to associate with the test agent, aspartame or its related chemicals."*** In addition, Pathologist Dr. Charles H. Frith spent 3 days with the FDA to review the 145 animals from this toxicity study. Sufficient slides substantiated 73 female animals with grossly observed tumor masses.

***"The Bressler Report"*** can be read at <http://www.presidiotex.com/bressler>

#### **Current aspartame research findings:**

In the last two years, the **Ramazzini Cancer Institute**, led by Dr. Morando Soffritti, Bologna, Italy, released two studies confirming the toxicity of aspartame and its carcinogenic effects. The results of the 8-year aspartame study (March, 2006) in which 1,800 rats were exposed to different doses of aspartame over a 36 month time period concluded that aspartame, even at low dosages, is multi-carcinogenic, including the formation of leukemia and lymphoma in the laboratory animals.

The latest study at **Purdue University**, ***Artificial Sweeteners Increase Weight Gain Odds***, showed that diet products increase hunger and cause weight gain. The **Framingham Study** showed the increased risk of heart attack and metabolic syndrome disorders.

#### **WHAT YOU CAN DO TO INFORM OTHERS:**

- Copy and distribute this Fact Sheet to everyone you know. If you are using products containing aspartame and have been experiencing adverse physical or emotional health symptoms; stop using all products for a period of 4-6 weeks.
- If you are under medical treatment for any recent health concerns and are/were an aspartame user - have your doctor enter into your official medical record that you suspect that aspartame may have caused some, if not all, of your symptoms, and that you are stopping use of the diet sweeteners and want to be "monitored" by your health care team as you get better.

#### **Very Important...**

##### **If You Care About Your Health**

##### **The Health of Your Children And Grandchildren...**

##### **Get Involved-Spread The Word !**

- Write to your Congress person and write letters to the FDA and food manufacturers who use aspartame. Copy the editor of your local newspaper, stating your displeasure about the silencing of and lack of information about the facts concerning aspartame by government and industry.
- Take all aspartame products (opened or not) back to the store and exchange them for healthy "whole" foods. This sends a message to the manufacturer that consumers will no longer tolerate neurotoxins in our foods and in our children's products.

The following are the most reputable websites available on the worldwide web to educate consumers on the true facts about the dangers of aspartame. Visit these websites to learn more about the dangers of aspartame and the other artificial chemical sweeteners on the market today. As Paul Harvey said, "***The Rest Of The Story.***"

***Let the facts speak for themselves...***

**Former Judge, Mary Nash Stoddard and Washington D.C attorney, Jim Turner, Esq.**, founded the **Aspartame Consumer Safety Network and Pilot Hotline**, in 1987: <http://www.aspartamesafety.com> Ms. Stoddard, a broadcast journalist and qualified Expert Medical Witness authored, "***Deadly Deception: Story of Aspartame.***" <http://www.aspartamesafety.com/DeadlyDeception.htm>

Read the transcript of historic **U.T. Southwestern Medical School Lecture:**  
<http://www.aspartamesafety.com/Transcript3.htm>

**ACSN's Official Statement to President's Council National Hearing on Food Safety:**  
<http://www.aspartamesafety.com/Transcript2.htm>

**Dr. Janet Hull PhD, CN:**  
<http://www.janethull.com> is the author of:  
"***Sweet Poison: How The World's Most Popular Artificial Sweetener Is Killing Us***",  
<http://www.sweetpoison.com>

**"Splenda: Is It Safe Or Not?"**  
<http://www.splendaexposed.com>  
**The Aspartame Detoxification Program**  
<http://www.detoxprogram.net>

**Bryant Holman**, <http://www.presidiotex.com/aspartame> . Mr. Holman is the list-owner of the **Online Support Aspartame Group Message Board**, with over 1,000 members. If you have aspartame poisoning, these group of people can help you.  
<http://groups.yahoo.com/group/aspartame>

**Carol Guilford**, author of "***The New Cook's Cookbook***", "***THE Diet Book***", "***Carol Guilford's Main Course Cookbook***" and "***The Easiest Cookbook***".

**Shoshanna Allison**, Book Editor and Aspartame Internet Press Relations Networker.

**Author/Columnist, David Lawrence Dewey:** <http://www.dldewey.com>  
**Aspartame - Sweetness Disguised as Sweetness and Death:**  
<http://www.dldewey.com/aspar.htm>

Mr. Dewey's new documentary with Director David Burton, 2009 release date,  
"***Corporate InGREEDients***". Mr. Dewey's articles:

**The American Health Reform Petition Campaign:**  
This is a nationwide petition campaign to remove hydrogenated oils, aspartame, artificial flavorings, additives, chemicals from the food supply. Read how you can get involved.  
<http://www.dldewey.com/ahr.htm>

**Hydrogenated Oils-Silent Killers:**  
<http://www.dldewey.com/hydroil.htm>

**Do We Care? Do You Care Enough To Get Involved?**  
**The American Health Reform Petition Campaign**  
**Greta Ferebee**  
<http://www.DoWeCare.org>

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